

fatFreezer FaceTM Sculpting System



with
Flexercise

A specifically formulated regimen that includes:
Daily facial exercises, dietary guidelines in conjunction with the daily use of the
Fat Freezer Sculpting System.

www.Fatfreezerface.com

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The Fat Freezer™ Face Sculpting System with Flexercise™

Congratulations on your most recent purchase of the Fat Freezer Face Sculpting System! You are already one step closer to a slimmer, smoother, more youthful looking face.

To ensure you obtain the best results possible, we have created the Flexercise™ Program. A specifically formulated regimen that includes: Daily facial exercises, Dietary guidelines in conjunction with the daily use of the Fat Freezer™ Face Sculpting System.

Why Fat Freezer™ Face Sculpting System?

The Fat Freezer™ Face Sculpting System uses scientifically proven Cryolipolysis technology that works by delivering energy (cold) through an area of the skin that helps dissolve fat cell deposits by “freezing” them away. Fat Freezer™ provides a non-invasive safe and simple way of reducing unwanted fat while shrinking pores, improving skin texture and helping reduce the appearance of fine lines and wrinkles.

The Fat Freezer™ Facial Sculpting System features 4 treatment levels for a customized experience: Cryolipolysis Mode, Cryolipolysis Sonic Mode, After Treatment Mode & After Treatment Sonic Mode. Recommended daily use in conjunction with Flexercise, diet & Exercise.



MUSCLE GROUPS:

Did you know, the human face has over 40 different muscles that work together to support and maintain all of our facial features? This means with every expression you make, from laughing to crying, stress to happiness, your facial muscles are harmoniously working to perform countless functions.

Having an understanding of the facial muscles and their proficiency will assist you in making the mind-muscle connection. It is important to picture the location of each facial muscle when performing these exercises, as this is the basis of Flexercise™.

THE PRIMARY MUSCLES OF THE FACE:

1. **FRONTALIS MUSCLE**- Lifts the Eyebrows
2. **TEMPORAL MUSCLE**- Helps with Ear elevation
3. **PROCERUS MUSLCE**- Pulls the skin between the eyebrows downward, assists in flaring the nostrils and helps create an angry expression
4. **ORBICULAR MUSLCE OF THE EYE**- Helps to open and close the eyelids
5. **ZYGOMATIC MUSCLE**- Aids in elevating the corners of the mouth for smiling
6. **ORBICULAR MUSCLE OF THE MOUTH**- Used to pucker the lips
7. **THE MASSETER MUSCLE**: Used for chewing, clenching the jaw and aids in closing the mouth.
8. **THE BUCCINATOR MUSCLE**: Aids in chewing, activated when clenching the jaw.
9. **THE MENTALIS MUSCLE**: Elevates and wrinkles the skin of the chin, protrudes the lower lip
10. **THE DIGASTRIC MUSCLE**: Supports the base of the tongue as well as the chin.
11. **THE PLATYSMA MUSCLE**: Supports the entire neck.

EXERCISES:

It is best to sit or stand in front of a mirror whilst performing these exercises. It is important to visualize the muscles you are working on to optimize the best results possible. These exercises must be done regularly in conjunction with the use of your Fat Freezer Face Sculpting System.

Recommended use: At least 5 times a week. For the first two weeks, perform each exercise five times. After two weeks, increase each exercise by five repetitions, for two more weeks, until you've reached 20 repetitions for each exercise.

THE FOREHEAD

THE FRONTALIS MUSCLE: Lifts the eyebrows

a. **Benefit:** Working these muscles prevents forehead wrinkles from forming and relaxes the upper part of the face.

b. **Exercise:** Gently place both hands on your forehead so that your ring fingers rest comfortably above the eyebrows. With the pressure from your fingers, lift your eyebrows and pull the scalp forward creating resistance. Hold for 6 seconds & release. Repeat 10 times.



THE TEMPORALIS MUSCLE: Helps with ear elevation

a. Benefit: Working these muscles helps to tighten the skin at the corners of the eyes, smoothing out the area where crow's feet can form.

b. Exercise: Whilst in front of a mirror, raise your eyebrows/forehead up to the hairline. Repeat 10 times.



THE PROCERUS MUSLCE: Pulls the skin between the eyebrows downward, assists in flaring the nostrils and helps create an angry expression

a. Benefit: Working these muscles effectively smooths out the area between the arches of your eyebrows

b. Exercise: Whilst standing in front of a mirror, observe the Procerus muscles (the space between your eyes) Bring your eyebrows together, as if you are making an agrey expression. Keep the tension of this expression for 5 seconds. Repeat 10 times.

Note: You can place your index finger over the muscle to hold this skin in place so wrinkles don't occur.



AROUND THE EYES

THE ORBICULAR MUSCLE OF THE EYE: Helps to open and close the eyelids

a. Benefit: Improves the firmness of the eyelids and overall strength

b. Exercise: Open and close your eyes, while remaining conscious of the movement. Maintaining tension for 5 seconds, then release. Repeat 5 times.



THE CHEEKS & MOUTH

THE ZYGOMATIC MUSCLE: Aids in elevating the corners of the mouth for smiling

a. Benefit: Sculpts & tightens the cheekbones

b. Exercise: Whilst standing in front of mirror, Smile BIG! Lift and widen the corners of your mouth as far as you possibly can. Keep this tension for 10 seconds, then release. Repeat 10 times.



THE ORBICULAR MUSLCE OF THE MOUTH: Used to pucker the lips

a. Benefit: Stimulates blood flow and collagen production.

b. Exercise: Exercising the “kissy face”, push and pucker your lips. Main tension for 5 seconds. Repeat 10 times.



THE MASSETER MUSCLE: Used for chewing, clenching the jaw and aids in closing the mouth.

a. Benefit: Strengthens the muscle tone in the lower part of the cheeks as well as adds definition to the cheek bones.

b. Exercise: Clench your jaw carefully but forcefully, creating tension. Hold for 5 seconds then release. Repeat 10 times.



THE BUCCINATOR MUSCLE: Aids in chewing, activated when clenching the jaw.

a. Benefit: Restores volume and fullness to the cheeks

b. Exercise: Fill your cheeks with air and swish the air back and fourth between sifrs, as you would with mouthwash. Do this side to side for 5 times, then release the air. Repeat 10 times.



THE CHIN & NECK

THE MENTALIS MUSCLE: Elevates and wrinkles the skin of the chin, protrudes the lower lip

a. Benefit: Creates a well-formed, firmed chin.

b. Exercise: Pull the middle section of your chin upwards to your lower lip. You should look as if you are pouting. Hold for five seconds. Repeat 10 times.



THE DIGASTRIC MUSCLE: Supports the base of the tongue as well as the chin.

a. Benefit: Helps to diminish and erase a double chin

b. Exercise: Position fist under your chin. Now attempt to push your chin downward while pushing your fist upward. Maintain this tension for 5 seconds, then release. Repeat 10 times.



THE PLATYSMA MUSCLE: Supports the entire neck.

a. Benefit: Helps to firm the neck, ultimately to remain wrinkle free

b. Exercise: Whilst in front of the mirror, tense the Platysma muscle. Open your mouth and pull your lower jaw backwards. Increasing the tension, amplify the intensity. Hold for 5 seconds, then release. Repeat 10 times.



DIETARY GUIDELINES:

Follow a healthy diet:

A healthy diet is an important part of maintaining a healthy lifestyle. To assist you, we have created a few sample menu plans for various calorie levels based on your caloric needs. These are just to serve as a guideline. You may substitute other foods of the same nutrient quality for the foods listed. Also, you may include as many caffeine free, calorie free beverages as you desire. Limit caffeine intake to 2 cups of coffee or tea per day. Also include at least 8 (8 oz.) glasses of water every day.

Consult with your physician before beginning Fat Freezer Face Sculpting System and any weight loss program.

Determine Your Calorie Needs:

The chart below can be used to determine your calorie needs. Actual calorie needs may vary depending on your body, age and activity level. Find your corresponding body weight range and choose the meal plan that goes with it. Meal plans are only for a guide and are located in the next section.

Body Weight:

100-119 lbs
120-139 lbs
140-169 lbs
170-199 lbs
200 lbs & Above

Meal Plan:

1200 Calories
1400 Calories
1600 Calories
1800 Calories
2000 Calories



1200 Calories

Day One

Breakfast

- 1 plain waffle
- 1 Tbsp. maple syrup - sugar free
- 1 tsp butter or margarine
- 8 oz. of water or caffeine free non-caloric beverage

Morning Snack

- 1 Orange

Lunch

- 1 cup skim milk
- 1 Salad with Romaine lettuce
- 1/4 cup of each carrots, green peppers, cabbage, celery
- 1 Tbsp. Light Salad Dressing
- 1 Roll, Whole Grain

Afternoon Snack

- 1/2 cup sliced strawberries
- 6 oz. fat free yogurt

Dinner

- 3 oz. Sirloin Steak, lean only, broiled, or grilled
- 1 cup Rice
- 1 tsp butter or margarine
- 1/2 cup cooked carrots
- 1 mixed green salad
- 2 Tbsp. Fat free Dressing

Day Two

Breakfast

- 1/2 cup Oatmeal, cooked
- 2 tsp brown sugar
- 1/2 cup skim milk
- 1 cup orange juice

Morning Snack

- 1 Apple

Lunch

- 1 oz of Turkey Breast
- 2 tsp mustard or fat free mayonnaise
- 2 slices whole wheat bread
- 1 apple

Afternoon Snack

- 1/2 cup skim milk
- 1 cup strawberries

Dinner

- 2 oz. chicken breast, no skin, baked, broiled, grilled
- 1 small baked potato
- 2 tsp butter or margarine
- 1 cup green beans
- 1 mixed green salad
- 2 Tbsp. fat free dressing

1200 Calories

Day Three

Breakfast

- 2 pancakes, 4"
- 1 Tbsp. fruit spread or maple syrup

Morning Snack

- 1 cup skim milk
- 1 peach

Lunch

- 1 salad with mixed green
- 1 Tbsp. fat free dressing
- 6 saltine crackers
- 3 oz. tuna fish, albacore, water packed
- 1 apple

Afternoon Snack

- 1/2 oz. strawberries

Dinner

- 1 cup cooked pasta
- 1/2 cup meatless spaghetti sauce
- 1 mixed green salad
- 1 Tbsp. fat free dressing

Day Four

Breakfast

- 1/2 cup orange juice
- 1/2 cup whole grain oat cereal
- 1 cup skim milk
- 1 cup strawberries

Morning Snack

- 2 tsp reduced fat peanut butter
- 2 rice cakes

Lunch

- 1 cup Vegetable soup
- 1 mixed green salad
- 2 Tbsp. fat free salad dressing
- 1 cup skim milk
- 6 saltine crackers

Afternoon Snack

- 1 apple

Dinner

- 5 oz. white fish, baked or broiled
- 1 medium baked potato
- 1 mixed green salad
- 1 Tbsp. fat free salad dressing



1200 Calories

Day Five

Breakfast

- 1 Bagel, plain
- 1 Tbsp. Cream Cheese, light
- 1/4 cup Egg Beaters

Morning Snack

- 1 peach

Lunch

- 2 slices of Whole Wheat Bread
- 3 oz. Turkey Breast
- 1 cup skim milk
- 1 Carrots

Afternoon Snack

- 1 orange -medium

Dinner

- 4 oz. Chicken Breast/White Meat
- 1 Tbsp. BBQ sauce
- 1 medium baked potato
- 1 small Salad with tomato and onion
- 2 Tbsp. Fat free or reduced calorie

Day Six

Breakfast

- 1 Bagel, plain
- 1/2 Grapefruit
- 1 Tbsp. light cream cheese

Morning Snack

- 6 oz. fat free yogurt

Lunch

- 2 oz. lean hamburger
- 1 Tbsp. Ketchup
- 1 Whole Grain Hamburger Bun
- 1/2 tomato
- 1 cup skim milk

Afternoon Snack

- 1 apple

Dinner

- 1 cup angel hair pasta
- 2 oz. broiled shrimp
- 1 tsp olive oil with garlic
- 1 mixed green salad
- 1 Tbsp. fat free dressing
- 1/2 cup cooked green beans

1200 Calories

Day Seven

Breakfast

- 1/2 English Muffin
- 1 Poached Egg
- 1/2 Grapefruit
- 1 cup skim milk

Morning Snack

- 1 Orange

Lunch

- 1/4 cup cottage cheese, low fat
- 1 small salad
- 1 Tbsp. fat free dressing
- 1 cup skim milk
- 1/2 cup carrots
- 1 whole wheat pita

Dinner

- 3 oz. Salmon - broiled
- 1 Broccoli Spear
- 1 cup Rice, white cook, steamed
- 1 small salad with tomato and onion
- 2Tbsp. Fat free dressing

1400 Calories

Day One

Breakfast

- 1 plain waffle
- 1 Tbsp. maple syrup - sugar free
- 1 tsp butter or margarine
- 1 cup decaf coffee or tea
- 1/2 cup orange juice

Morning Snack

- 1/2 Bagel, cinnamon
- 1 cup skim milk

Lunch

- Salad with Romaine Lettuce
- 1/4 cup of each carrots, green peppers, cabbage, celery
- 1 Tbsp. Lite Salad Dressing
- 1 Roll, Whole Grain
- 1 oz. Turkey Breast

Afternoon Snack

- 1/2 cup sliced strawberries
- 6 oz. fat free yogurt

Dinner

- 3 oz. Sirloin, lean only, broiled or grilled
- 1 cup Rice
- 1 tsp butter or margarine
- 1/2 cup cooked carrots
- 1 mixed green salad
- 2 Tbsp. Fat Free Dressing

1400 Calories

Day Two

Breakfast

- 1/2 cup Oatmeal, cooked
- 2 tsp brown sugar
- 1/2 cup skim milk
- 1 cup orange juice

Morning Snack

- 1 apple

Lunch

- 1 oz. of Turkey Breast
- 2 tsp mustard or fat free mayonnaise
- 2 slices whole wheat bread
- 1 cup of raw vegetables

Afternoon Snack

- 1/2 cup skim milk
- 1 cup strawberries

Dinner

- 3 oz. chicken breast, no skin, baked, broiled or grilled
- 1 small baked potato
- 2 tsp butter or margarine
- 1 cup green beans
- 1 mixed green salad
- 2 Tbsp. fat free dressing

Day Three

Breakfast

- 2 pancakes, 4"
- 1 Tbsp. fruit spread or maple syrup

Morning Snack

- 1 cup skim milk
- 1 peach

Lunch

- 1 salad with mixed green
- 1 Tbsp. fat free dressing
- 6 saltine crackers
- 3 oz. tuna fish, albacore, water packed
- 1 apple

Afternoon Snack

- 1/2 oz. strawberries

Dinner

- 2 cup cooked pasta
- 1/2 cup meatless spaghetti sauce
- 1 mixed green salad
- 1 Tbsp. fat free dressing

1400 Calories

Day Four

Breakfast

- 1 cup orange juice
- 1 cup whole grain oat cereal
- 1 cup skim milk
- 1 cup strawberries

Morning Snack

- 2 tsp reduced fat peanut butter
- 2 rice cakes

Lunch

- 1 cup Vegetable soup
- 1 mixed green salad
- 2 Tbsp. fat free salad dressing
- 1 cup skim milk
- 6 saltine crackers
- 1 oz. low fat cheese

Afternoon Snack

- 1 apple

Dinner

- 5 oz. white fish, baked or broiled
- 1 medium baked potato
- 1 mixed green salad
- 1 Tbsp. fat free salad dressing
- 1 whole grain dinner roll
- 1/2 cup cooked broccoli

Day Five

Breakfast

- 1 English muffin
- 1/4 cup Egg Beaters
- 1/2 Grapefruit

Morning Snack

- 1 peach or pear

Lunch

- 2 slices of Whole Wheat Bread
- 2 oz. Turkey Breast
- 1 cup skim milk
- Carrots

Afternoon Snack

- 1 orange - medium

Dinner

- 4 oz. Chicken Breast/White Meat
- 1 Tbsp. BBQ sauce
- 1 medium baked potato
- 1 small Salad with tomato and onion
- 2 Tbsp. Fat free or reduced calorie

1400 Calories

Day Six

Breakfast

- 1 Bagel - plain
- 1/2 Grapefruit
- 1 Tbsp. light cream cheese

Morning Snack

- 6 oz fat free yogurt

Lunch

- 2 oz. lean hamburger
- 1 Tbsp. Ketchup
- 1 Whole Grain Hamburger Bun
- 1/2 tomato
- 1 cup skim milk

Dinner

- 1 cup angel hair pasta
- 2 oz. broiled shrimp
- 1 tsp olive oil with garlic
- 1 mixed green salad
- 1 Tbsp. |for free dressing
- 1/2 cup cooked green beans
- 1 slice of Italian Bread

Day Seven

Breakfast

- 1 slice French Toast
- 1 cup fresh blueberries
- 1 cup skim milk

Morning Snack

- 1 Orange

Lunch

- 1/4 cup cottage cheese, low fat
- 1 small salad
- 1 Tbsp. fat free dressing
- 1 cup skim milk
- 1/2 cup carrots
- 1 whole wheat pita

Dinner

- 3 oz. Salmon or Cod - broiled or baked
- 1 Broccoli Spear
- 1/2 cup Rice, white cook, steamed
- 1 cup Apple sauce
- 2 tsp butter or margarine

1400 Calories

Day Six

Breakfast

- 1 Bagel - plain
- 1/2 Grapefruit
- 1 Tbsp. light cream cheese

Morning Snack

- 6 oz. fat free yogurt

Lunch

- 2 oz. lean hamburger
- 1 Tbsp. Ketchup
- 1 Whole Grain Hamburger Bun
- 1/2 tomato
- 1 cup skim milk

Dinner

- 1 cup angel hair pasta
- 2 oz. broiled shrimp
- 1 tsp olive oil with garlic
- 1 mixed green salad
- 1 Tbsp. for free dressing
- 1/2 cup cooked green beans
- 1 slice of Italian Bread

Day Seven

Breakfast

- 1 slice French Toast
- 1 cup fresh blueberries
- 1 cup skim milk

Morning Snack

- 1 Orange

Lunch

- 1/4 cup cottage cheese, low fat
- 1 small salad
- 1 Tbsp. fat free dressing
- 1 cup skim milk
- 1/2 cup carrots
- 1 whole wheat pita

Dinner

- 3 oz. Salmon or Cod - broiled or baked
- 1 Broccoli Spear
- 1/2 cup Rice, white cook, steamed
- 1 cup Apple sauce
- 2 tsp butter or margarine

1600 Calories

Day One

Breakfast

- 2 plain waffles
- 1 Tbsp. maple syrup - sugarfree
- 1 tsp butter or margarine
- 1 cup decaf coffee or tea

Morning Snack

- 1/2 Cinnamon Bagel

Lunch

- Salad with Romano Lettuce
- 1/4 cup of each carrots, green peppers, cabbage, celery
- 1 Tbsp. Lite Salad Dressing
- 1 Roll, Whole Grain
- 2 oz. Turkey Breast

Afternoon Snack

- 1/2 cup sliced strawberries
- 6 oz. fat free yogurt

Dinner

- 3 oz. Sirloin steak, lean only, broiled or grilled
- 1 cup Rice
- 1 tsp butter or margarine
- 1/2 cup cooked carrots
- 1 mixed green salad
- 2 Tbsp. Fat Free Dressing

Day Two

Breakfast

- 1 cup Oatmeal, cooked
- 2 tsp brown sugar
- 1/2 cup skim milk
- 1 cup orange juice

Morning Snack

- 1 apple

Lunch

- 2 slices of Whole Wheat Bread
- 1 oz. of Turkey Breast
- 2 tsp mustard or fat free mayonnaise
- 1-1/2 cup of raw vegetables

Afternoon Snack

- 1/2 cup skim milk
- 1 cup strawberries

Dinner

- 2 oz. Chicken Breast, no skin, baked, broiled, grilled
- 1 small baked potato
- 2 tsp butter or margarine
- 1 cup green beans
- 1 mixed green salad
- 2 Tbsp. fat free dressing
- 1 Whole Grain Roll

1600 Calories

Day Three

Breakfast

- 2 pancakes, 4"
- 1 Tbsp. fruit spread or maple syrup
- 1 cup of orange juice

Morning Snack

- 1 cup skim milk
- 1 peach

Lunch

- 1 salad with mixed greens
- 1 Tbsp. fat free dressing
- 6 saltine crackers
- 3 oz. tuna fish, albacore, water packed
- 1 apple

Afternoon Snack

- 1/2 oz. strawberries

Dinner

- 2 cups cooked pasta
- 1/2 cup meatless spaghetti sauce
- 1-1/2 oz. cooked lean ground beef
- 1 mixed green salad
- 1 Tbsp. fat free dressing

Day Four

Breakfast

- 1 cup orange juice
- 2 cup whole grain oat cereal
- 1 cup skim milk
- 1 cup strawberries
- 1 slice of whole wheat toast
- 1 tsp sugar free jam or jelly

Morning Snack

- 2 tsp reduced fat peanut butter
- 2 rice cakes

Lunch

- 1 cup Vegetable soup
- 1 mixed green salad
- 2 Tbsp. fat free salad dressing
- 1 cup skim milk
- 6 saltine crackers
- 1 oz. low fat cheese

Afternoon Snack

- 1 apple

Dinner

- 5 oz. white fish, baked or broiled
- 1 medium baked potato
- 1 mixed green salad
- 1 Tbsp. fat free salad dressing

1600 Calories

Day Five

Breakfast

- 1 English Muffin
- 1/4 cup Egg Beaters or 1 poached egg
- 1/2 Grapefruit

Morning Snack

- 1 peach

Lunch

- 1 large whole grain pita
- 2 oz. Turkey Breast
- 1 cup skim milk
- Carrots

Afternoon Snack

- 1 pear

Dinner

- 2 slices of cheese pizza
- 1 large salad, w/tomato & onion
- 1 Tbsp. fat free dressing
- 1/2 cup mixed fruit

Day Six

Breakfast

- 1 Bagel - plain
- 1 Tbsp. light cream cheese
- 1 cup orange juice

Morning Snack

- 6 oz. fat free yogurt

Lunch

- 2 oz. lean hamburger
- 1 Tbsp. ketchup
- 1 Whole Grain Hamburger Bun
- 1/2 tomato
- 1 cup skim milk

Dinner

- 2 cup angel hair pasta
- 3 oz. broiled shrimp
- 1 tsp olive oil with garlic
- 1 mixed green salad
- 1 Tbsp. fat free dressing
- 1/2 cup cooked green beans
- 1 slice of Italian Bread

1600 Calories

Day Seven

Breakfast

- 2 slices French Toast
- 1 cup fresh blueberries
- 1 cup skim milk

Morning Snack

- 1 Orange

Lunch

- 1/2 cup low fat cottage cheese
- 1 small salad
- 1 Tbsp. fat free dressing
- cup skim milk
- 1/2 cup carrots
- 1 whole wheat pita

Afternoon Snack

- 1/2 oz pretzels

Dinner

- 3 oz. Salmon or Cod - broiled or baked,
- 1 cup mixed vegetables
- 1-1/2 cup Rice, white cook, steamed
- 1 small salad w/tomato, onion
- 2 Tbsp. Fat free dressing

1800 Calories

Day One

Breakfast

- 2 plain waffles
- 1 Tbsp. maple syrup - sugar free
- 1 tsp butter or margarine
- 1 cup decaf coffee or tea
- 1/2 Grapefruit

Morning Snack

- 1/2 Cinnamon Bread
- 1 cup skim milk

Lunch

- 1 Salad with Romaine lettuce
- 1/4 cup of each carrots, green peppers, cabbage, celery
- 1 Tbsp. Lite Salad dressing
- 1 Roll, Whole Grain
- 2 oz. Turkey Breast

Afternoon Snack

- 1/2 cup sliced strawberries
- 6 oz. fat free yogurt

Dinner

- 3 oz. Sirloin Steak, lean only, broiled or grilled
- 1 cup Rice
- 1 tsp butter or margarine
- 1/2 cup cooked carrots
- 1 mixed green salad
- 2 Tbsp. Fat free dressing

1800 Calories

Day Two

Breakfast

- 1 cup Oatmeal, cooked
- 2 tsp brown sugar
- 1/2 cup skim milk
- 1 cup orange juice
- 1 slice of wheat or rye toast
- 1 tsp butter or margarine

Morning Snack

- 1 apple

Lunch

- 2 oz. of Turkey Breast
- 2 tsp mustard or fat free mayonnaise
- 2 slices whole wheat bread
- 1-1/2 cup of raw vegetables

Afternoon Snack

- 1/2 cup skim milk
- 1 cup strawberries

Dinner

- 3 oz. chicken breast, no skin, baked, broiled or grilled
- 1 medium baked potato
- 2 tsp butter or margarine
- 1 cup green beans
- 1 mixed green salad
- 2 Tbsp. fat free dressing
- 1 Whole Grain Roll

Day Three

Breakfast

- 3 pancakes, 4"
- 1 Tbsp. fruit spread or maple syrup
- 1 cup orange juice

Morning Snack

- 1 cup skim milk
- 1 peach

Lunch

- 1 salad with mixed green
- 1 Tbsp. fat free dressing
- 6 saltine crackers
- 3 oz. tuna fish, albacore, water packed
- 1 apple

Afternoon Snack

- 1/2 oz. chocolate

Dinner

- 2 cup cooked pasta
- 1/2 cup meatless spaghetti sauce
- 1 mixed green salad
- 1 Tbsp. fat free dressing
- 3 oz. cooked lean ground beef

1800 Calories

Day Four

Breakfast

- 1 cup orange juice
- 1 cup whole grain oat cereal
- 1 cup skim milk
- 1 cup strawberries
- 1 slice of whole wheat toast
- 1 tsp sugar free jam or jelly

Morning Snack

- 2 tsp reduced fat peanut butter
- 2 rice cakes

Lunch

- 1 cup Vegetable soup
- 1 mixed green salad
- 2 Tbsp. fat free salad dressing
- 1 cup skim milk
- 6 saltine crackers
- 1 oz. low fat cheese

Afternoon Snack

- 1 apple

Dinner

- 6 oz. white fish, baked or broiled
- 1 medium baked potato
- 1 mixed green salad
- 1 Tbsp. fat free salad dressing
- 1 whole grain dinner roll
- 1/2 cup cooked broccoli

Day Five

Breakfast

- 1 English muffin
- 1/4 cup Egg Beaters or 1 egg poached
- 1/2 Grapefruit

Morning Snack

- 1 peach

Lunch

- 1 large whole grain pita
- 2 oz. Turkey Breast
- 1 cup skim milk
- Carrots

Afternoon Snack

- 1 pear

Dinner

- 2 slices of cheese pizza
- 1 large salad, w/tomato & onion
- 1 Tbsp. fat free dressing
- 1 cup mixed fruit

1800 Calories

Day Six

Breakfast

- 1 Bagel - plain
- 1 cup orange juice
- 1 Tbsp. light cream cheese

Morning Snack

- 6 oz. fat free yogurt

Lunch

- 2 oz. lean hamburger
- 1 Tbsp. Ketchup
- 1 Whole Grain Hamburger Bun
- 1/2 tomato
- 1 cup skim milk

Afternoon

- 6 vanilla wafers
- 1 cup skim milk

Dinner

- 2 cup angel hair pasta
- 3 oz. broiled shrimp
- 1 tsp olive oil with garlic
- 1 mixed green salad
- 1 Tbsp. fat free dressing
- 1/2 cup cooked green beans
- 1 slice of Italian Bread

Day Seven

Breakfast

- 2 slices French Toast
- 1 cup fresh blueberries
- 1 cup skim milk

Morning Snack

- 1 Orange

Lunch

- 3/4 cup cottage cheese
- 1 small salad
- 1 Tbsp. fat free dressing
- 1 cup skim milk
- 1/2 cup carrots
- 1 whole wheat pita

Afternoon

- 1/2 oz. pretzels

Dinner

- 6 oz. Salmon or Cod - broiled or baked
- 1 cup mixed vegetables
- 1-1/2 cup noodles
- 1 small salad w/tomato, onion
- 2Tbsp. Fat free dressing

2000 Calories

Day Three

Breakfast

- 3 pancakes, 4"
- 1 Tbsp. fruit spread or maple syrup
- 1 cup of orange juice

Morning Snack

- 1 cup skim milk
- 1 peach

Lunch

- 1 salad with mixed greens
- 1 Tbsp. fat free dressing
- 6 saltine crackers
- 3 oz. tuna fish, albacore, water packed
- 1 apple

Afternoon Snack

- 1/2 oz. chocolate

Dinner

- 2-1/2 cups cooked pasta
- 1/2 cup spaghetti sauce
- 3 oz. cooked lean ground beef
- 1 mixed green salad
- 1 Tbsp. fat free dressing

Day Four

Breakfast

- 1 cup orange juice
- 1 cup whole grain oat cereal
- 1 cup skim milk
- 1 cup strawberries
- 1 slice of whole wheat toast
- 1 tsp sugar free jam or jelly

Morning Snack

- 2 tsp reduced fat peanut butter
- 2 rice cakes

Lunch

- 1-1/2 cup Vegetable soup
- 1 mixed green salad
- 1 Tbsp. fat free salad dressing
- 1 cup skim milk
- 6 saltine crackers
- 1 oz. lite Swiss cheese
- 1 whole grain dinner roll

Afternoon Snack

- 1 apple

Dinner

- 6 oz. white fish, baked or broiled
- 1 medium baked potato
- 1 mixed green salad
- 1 Tbsp. fat free salad dressing
- 1 cup cooked broccoli
- 1 whole grain roll

2000 Calories

Day Five

Breakfast

- 1 English Muffin
- 1 tsp jelly or jam
- 1/2 Grapefruit
- 1/2 cup Egg Beaters or 1 poached egg

Morning Snack

- 1 cup blueberries
- 1-1/2 cup Cheerios
- 1 cup skim milk

Lunch

- 1 large whole grain pita
- 2 oz. Turkey Breast
- 1 cup skim milk
- Carrots

Afternoon Snack

- 1 pear

Dinner

- 3 slices of cheese pizza
- 1 large salad, w/tomato & onion
- 1 Tbsp. fat free dressing
- 1 cup mixed fruit

Day Six

Breakfast

- 1 Bagel - plain
- 1 Tbsp. light cream cheese
- 1 cup orange juice

Morning Snack

- 6 oz. fat free yogurt
- 1/2 cup fresh strawberries

Lunch

- 3 oz. lean hamburger
- 1 Tbsp. ketchup
- 1 Whole Grain Hamburger Bun
- 1/2 tomato
- 1 cup skim milk

Afternoon Snack

- 6 vanilla wafers
- 1 cup skim milk

Dinner

- 3 cups angel hair pasta
- 4 oz. broiled shrimp
- 2 tsp olive oil with garlic
- 1 mixed green salad
- 1 Tbsp. fat free dressing
- 1/2 cup cooked green beans
- 1 slice of Italian Bread

SKIN CARE:

How incredible is the human skin? To start, it is the body's largest organ. It protects all other organs whilst continuously fighting off infections and warding toxins, 24 hours a day, 365 days a year. It is composed of 70% water, 25% protein, 2% lipids, .5% trace minerals & 2% everything in between. Comprised of 3 main layers: The Epidermis, The Dermis & The Subcutaneous Tissue.

Proper skin care is important. As we age, we start to lose vital connective tissues that make up and maintain our youthful appearance. Skin Proteins such as Collagen & Elastin are culpable for elasticity, texture & tone. As these proteins start to diminish we see it in our skin. Signs of aging include: thinning & sagging skin, loss of color, & the onset of fine to deep wrinkles.

Along with the use of our Fat Freezer™ Face Sculpting System & Flexercise program, we have constructed a few vital skincare tips to adhere to during AND after use to maintain the best results possible.

Skin Protection: It is essential to protect your skin against the sun's most harmful rays. Ideally one should remain out of the sun from 11am-3pm, the sun's most scorching hours. During this time the sun's ultra-violet rays wreak most havoc on the skin's proteins that keep your skin smooth, strong & flexible. This is not always possible so be sure to always wear a protective layer of sunscreen, wide brimmed hat and polarized sunglasses.

Nutrition and Exercise: As mentioned in our dietary guidelines, a healthy diet is an important part of maintaining a healthy lifestyle. A healthy diet is not just composed of nutrition but exercise and now Flexercise. Good nutrition provides the body with essential nutrients, vitamins and minerals it needs daily to support your overall wellbeing. Proper Nutrition supports a healthy heart, aids in digestion and even helps with muscle memory and recovery. This is most important when following the Flexercise program as consuming essential nutrients, builds the underlying muscles of the face, which ultimately improves the strength and beauty of your skin

Sleep: Sleep plays an essential role in good health and well being throughout one's life. Getting enough quality sleep can help protect your mental health, physical health & quality of life. We know that as we sleep, our body is hard at work renewing and refreshing our cells. What we don't know is when we lack sleep, our face pays for it – creating a dull complexion, dark circles and droopy skin. Everyone should get at least 7-8 hours of sleep a night to look and feel their best.

Skincare: Caring for your skin should be a vital step of your everyday routine. Proper skin care means cleansing it properly. Skin needs moisture to survive, so avoid using hot water when you wash your face, as the heat sucks moisture from your skin. Try using warm or cool water instead. Also, avoid harsh or chemical-heavy soaps, as they strip moisture from your skin while polluting it. Keep your skin moisturized by applying lotion within a few minutes of bathing. If you have a problem with dry skin, use an oil-based lotion on the problem area several times a day.

Warranty:

Thank you for shopping with us. We are confident that you will be very satisfied with your Fat Freezer™ neck and chin system. We would love to add you to our discount club community. Please send us your pictures showcasing your results and as a thank you, we will send you a mystery gift.

Please submit pictures to:

Sales.Fatfreezer@gmail.com



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Please contact us with any questions
or concerns you may have

CONTACT US

Call us 1(516) 653-0666

Email: Sales.fatfreezer@gmail.com

To retrieve your warranty please log into IGIA.com located at the top right hand side of the website.

In addition as a thank you for your support we have enclosed a secret 20% discount code, that you may use toward your next purchase with us.

Once again we appreciate your support and we look forward to sharing your success. If you have any questions please don't hesitate to contact us at Sales.fatfreezer@gmail.com

Customer Service
Phone: 516-653-0666
Email: sales.fatfreezer@gmail.com

the 5-minute

FLEXERCISE FACIAL Workout

11 EXERCISES FOR A NATURALLY YOUTHFUL LOOKING FACE

Did you know, the human face has over 40 different muscles that work together to support and maintain all of our facial features? This means with every expression you make, from laughing to crying, stress to happiness, your facial muscles are harmoniously working to perform countless functions. *Flexercise* can have a powerful impact on your appearance and can potentially help eliminate the need for plastic surgery. With these 11 exercises for just 5 minutes a day, you too can have a younger, more toned looking face!



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